

# The Lord Is My Rock, My Fortress, and My Deliverer

## LUTHERAN OLDER ADULT RETREAT XX

Wednesday & Thursday, April 26-27, 2023 | Pere Marquette Lodge | Grafton, IL

### Registration Form

Please complete one form per person. Duplicate as needed.

Registration information also available online at [www.SIDLCMS.org](http://www.SIDLCMS.org).

Name (Please Print) \_\_\_\_\_

Address \_\_\_\_\_

City, State & Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Email address \_\_\_\_\_

Home Congregation    Check one:  LCMS    ELCA    Other

City, State \_\_\_\_\_

#### Registration Fees

Both Days

**\$115.00 per person**

Registration fee does not include lodging.  
Please make lodging reservations directly  
with Pere Marquette Lodge for "Lutheran Older  
Adult Retreat" – 618.786.2331.

Wednesday Only

**\$85.00 per person**

Includes lunch, dinner, program, 9:00 am-8:00 pm

Thursday Only

**\$60.00 per person**

Includes breakfast, lunch, program, 7:15 am-2:00 pm

Amount Enclosed: \_\_\_\_\_

Make check payable to SID (Print LOAR on check Memo line).

Send registration form(s) with check by April 11 to:

Margo Wolf  
4 Charles Trail  
Lebanon, IL 62254  
Phone: 618.979.3376  
Email: dmwvette74@gmail.com

See reverse side for menus and dietary restrictions.

### Workshop Selections

Please select your session options by circling  
A, B, C, or D as appropriate.

#### Wednesday, April 26

	1st Choice	2nd Choice
Session I	A B C D	A B C D
Session II	A B C D	A B C D

#### Thursday, April 27

Session III	A B C D	A B C D
Session IV	A B C D	A B C D

### Session Schedule

#### Session I - Wednesday, 1:00 - 2:00 pm

- I-A Spiritual First Responders (21st Century Discipleship)  
– Rev. Dr. Gregory Seltz
- I-B Ways to Improve Your Memory  
– Monica Wilbur/Michelle Wamser
- I-C The High Cost of Elder Financial Abuse – Shaina Paddick
- I-D "Rock this Chair" – Marilyn Coplin

#### Session II - Wednesday, 2:30 - 3:30 pm

- II-A Going Gracefully: Beholding the Gospel in Life's Twilight  
– Rev. Michael Salemink
- II-B KFJO Radio: A Century of LCMS Broadcasting Christ  
for You – Rev. Doug Griebenaw
- II-C Lutheran Early Response Team (Making a Difference in  
People's Lives Post Disaster) – Matthew Bierman
- II-D Rejuvenate in the Swimming Pool – Marilyn Coplin

#### Session III - Thursday, 8:30 - 9:30 am

- III-A Biblical Seniors – Pastor Tom Noll, Retired
- III-B "Who Cares?!" – Maggie Hilmer
- III-C A Refuge for the Refugee: Being a Christian Friend for  
the New American – Jennifer Janssen
- III-D Building for the Future by Meeting Needs Today  
– Dr. Gerry Perschbacher, LL, D

#### Session IV - Thursday, 10:00 - 11:00 am

- IV-A Crisis after Crisis: The First 135 Years of Missouri Synod  
History – Rev. Dr. Daniel N. Harmelink
- IV-B Burning the Box: Rethinking How We Reach the Hungry  
and Hurting – Dr. John Michel
- IV-C Aging in Place . . . Safety, FUNction & Movement  
– Christina Hardin-Weiss MSPT & Cindy Hardin-Weiss MS/SLP
- IV-D All About Bats! – Bob Polansky

# Menu

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## Wednesday

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**Breakfast** – Lodge Restaurant is open for breakfast at 7:00 am at your expense.

### Lunch

#### Deli Buffet

Sliced Ham, Turkey, Roast Beef  
American, Swiss, and Pepperjack Cheese Slices  
Potato Chips  
Red Skin Potato Salad  
Garden Green Salad with House Dressings  
Traditional Sandwich Condiments:  
lettuce, tomato, red onion, pickle spears,  
mayo, and mustard  
Hoagie Buns, Rye Bread, and White Bread  
Assorted Cookies  
Coffee/Tea/Water

### Dinner

#### Fried Chicken Buffet

Pere Marquette Famous Fried Chicken  
Coleslaw  
Mashed Potatoes & gravy  
Vegetable  
Warm Rolls and Butter  
Assorted Desserts  
Coffee/Tea/Water

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## Thursday

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### Breakfast

#### Breakfast Sandwich Bar

Scrambled Eggs  
Assorted Cheese Slices  
Assorted Bagels  
Croissants  
Bacon and Shaved Ham  
Traditional Sandwich Condiments:  
spinach, tomato, onion, mustard, mayo,  
cream cheese, butter, and jams  
Fruit  
Coffee/Tea/Water

### Lunch

#### Soup-Salad-Potato Bar

Chicken Noodle Soup  
Garden Salad and Spinach Greens  
Baked Potatoes  
Buffet Accompaniments:  
tomatoes, cucumbers, sliced red onion,  
olives, cheddar cheese, broccoli, cauliflower,  
croutons, dried cranberries, sunflower seeds,  
diced egg, crumbled bacon, diced ham,  
butter, sour cream, chives  
Ranch, Raspberry Vinaigrette, and Creamy  
Italian Dressings  
Warm Rolls with Butter  
Assorted Cookies  
Coffee,Tea/Water

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## Dietary Restrictions

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